



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

Diedrich, Johannes

Club: Holzerode  
Number: 470

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:31:41

Speed: 10.47 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 49 (of 73)

Rank in course/Men: 47 (of 63)

Best time in course: 59:28

Rank in category: 6(of 10)

Best time in the category: 59:28